

Landlord's Sale.

Public notice is hereby given that the undersigned, L. Ahlo, has distrained and levied upon the goods and chattels, the property of certain persons doing business under the firm name of Sui On Tai, for rent due by the said firm Sui On Tai to said L. Ahlo and in arrears to the amount of Two Hundred and Twenty six Dollars and Fifty Cents for rents of certain premises situate on Nuanuu Street, near the corner of Chaplain Street, Honolulu, to wit:

- | | |
|-------------------------|-------------------------|
| 1 tin Chinese tea, | 1 Fairbanks' stand- |
| 11 bottles of oil, | not under, |
| 2 large boxes of paper, | 1 safe No. 11, |
| 2 boxes Chinese mat- | 1 box tobacco, |
| ting, | 2 boxes Chinese paper, |
| 4 boxes Chinese mats, | 4 boxes green beans, |
| 11 boxes matches, | 16 boxes matches 4 |
| 42 bowls, | gross, |
| 6 Chinese tea pots, | 5 tin Chinese tea, |
| 50 Chinese plates, | 2 tin lobster, |
| 43 tin Sam Shu cup | 6 tin sardines, |
| and spoons, | 6 bowls ginger, |
| 6 boxes Chinese bowls, | 97 rolls paper, |
| 125 pages Chinese let- | 23 Chinese boxes, |
| ter p. per, | 16 opium lamps, |
| 110 Chinese bowls, | 10 papers of mace- |
| 10 pages 3-4 paper, | tools, |
| 19 pairs Chinese shoes, | 7 balls paper, |
| 21 steel bowls, | 23,000 fire crackers, |
| 3 bells ribbon, | 7 boxes toilet soap, |
| 2 rna red paper, | 5 balls paper, |
| 2 pea turn, | 20 jars sweet plums, |
| 1 pr. books for mos- | 100 pages of Chinese |
| net, | tapas, |
| 3 bed quilts, | 1 box tea, |
| 16 towels, | 1 box tobacco, |
| 3 box undershirts, | 1 lot soy cups and |
| 1 bottle lamp wick, | spoons, |
| 6 handkerchiefs, | 1 lot lamp burners, |
| 5 pike braid, | 4 salates, |
| 4 boxes pills, | 1 gross rice spoons, |
| 4 box tooth brushes, | 2 tables, |
| 5 books, | 6 chairs, |
| 2 boxes dominoes, | 5 stools, |
| 3 bells Chinese ink, | 1 box sundries, |
| 4 boxes Jap soap, | 1 chandelier, |
| 9 boxes opium pipes, | 9 boxes Chinese pre- |
| 1 pike Chinese but- | services, |
| tons, | 1 lot her soap, |
| 1 box pen holders, | 3 balls bamboo poles, |
| 8 pike note paper, | 3 balls rattan, |
| 1 lot pens, | 1 ball grass matting, |
| 2 satchels, | 1 wheel barrow, |
| 1 tin Kerosene oil, | 1 truck, |
| 6 axe handles, | 1 part by dried orange, |
| 4 part legs nails, | 2 boxes income sticks, |
| | 1 stove and pipe. |

And notice is further given that said goods and chattels will be sold at the public auction rooms of Jas. F. Morgan, on Queen Street, at 10 a. m., the 23rd day of December, A. D. 1896, to satisfy the rent due and in arrears as aforesaid.
L. AHLO.
Dated, Dec. 5, 1896. 476 15t

David Dayton,
Real Estate Broker.

209 Merchant Street.
FOR SALE AND TO LET.
House on School street, near bridge; convenient, good yard, 7 rooms.
House on Young street; parlor, 2 bed-rooms, kitchen, pantry, patent cist, etc.
Lot opposite Lunalilo home; healthy and fine location.
Furnishd Rooms; Property in all parts of the city.

Henry Davis,
Merchandise Broker,

330 Fort street, near Merchant.
COMMISSION AGENT,
Custom House Broker and Statistician
EXPERT ACCOUNTANT
—AND—
General Business Agent.

R. C. A. PETERSON,

Custom House Broker,
Notary - Public,
General Business Agent.
Collections carefully attended to.

312 FORT STREET.

W. H. RICKARD,
General Business Agent

Will attend to Conveyancing in all its Branches, Collecting and all Business Matters of trust.

All Business entrusted to him will receive Prompt and Careful Attention. Office:

Honolulu, Hamakua, Hawaii.

A New Abstract Office.

As a result of 15 year's experience in the Abstract Business, I am prepared to make Abstracts of Title in a most thorough, accurate and complete manner, and on short notice.

F. W. MAKINNEY.
In W. O. Smith's Office, 318 Fort Street. 215-tf

IT MAY GIVE YOU A PAIN KILLER
Perry Davis' Pain Killer
As many good things are likely to be lost, but you are sure to find the relief if you keep a bottle of Perry Davis' Pain Killer at hand. It is a never-failing antidote for pains of all sorts.

Perry Davis' Pain Killer

is the UNIVERSAL PANACEA for all kinds of ACHES and PAINS. Do not accept any but the GENUINE. If your dealer does not have it, call on or address the

Hollister -:- Drug

Company,

Sole Agents for the Islands.

The ...
Hawaiian Electric Company,

Cor. Alakea & Halekuanila Sts.

Has a large assortment of

Chandeliers and Elec-
trical Goods

Constantly on hand.

Estimates given for house wiring and Electrical plants.

Marine Wiring a specialty.

THEO. HOFFMANN,
32-tel Manager.

CRITERION
Shaving Parlors

Fort St. Opp. Pantheon Stables.

PAUL J. G. FERNANDEZ - PROP.

A Delicate Touch!

Keen Razors!

Artistic Hair Cutting!

Comfortable Chairs!

We employ none but the most experienced Tonsorial Artists. The most luxuriously appointed Shop in the Islands.

VETERENO CARREIRO,
Hotel Street Shaving Parlor.

Three Chairs. First-class Work.

PRICES REDUCED

Hair Cutting 15 c.

Shaving 15 c.

Hotel street opposite Bethel.

425-6m

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—FOR THE—
State of California.

Having been appointed and commissioned a Commissioner of Deeds for the State of California, I am prepared

To administer and certify oaths.
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To take and certify the acknowledgment or proof of powers of attorney, mortgages, transfers, grants, deeds or other instruments or records.

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Telephone 256. 210 King Street.

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Subscribers are furnished with from five to six lists per week, giving an accurate record of all deeds, mortgages, leases, releases, powers of attorney, etc., etc., which are placed on record. Also a list of all district court judgments.

Subscription Price, \$2.00 per Month.

A. V. GEAR,
210 King St. Honolulu.

Notice

G. E. Boardman is temporarily located at corner of Queen and Nuanuu streets, ready to attend to any business entrusted to him.
474-1m

HEALTH CONVERSAZIONE

DR. RYDER ON "BEST FOOD FOR THE BEST BODIES."

She Magnifies the Kitchen—Hints on Cooking—Eating and Drinking—Not a Theosophist.

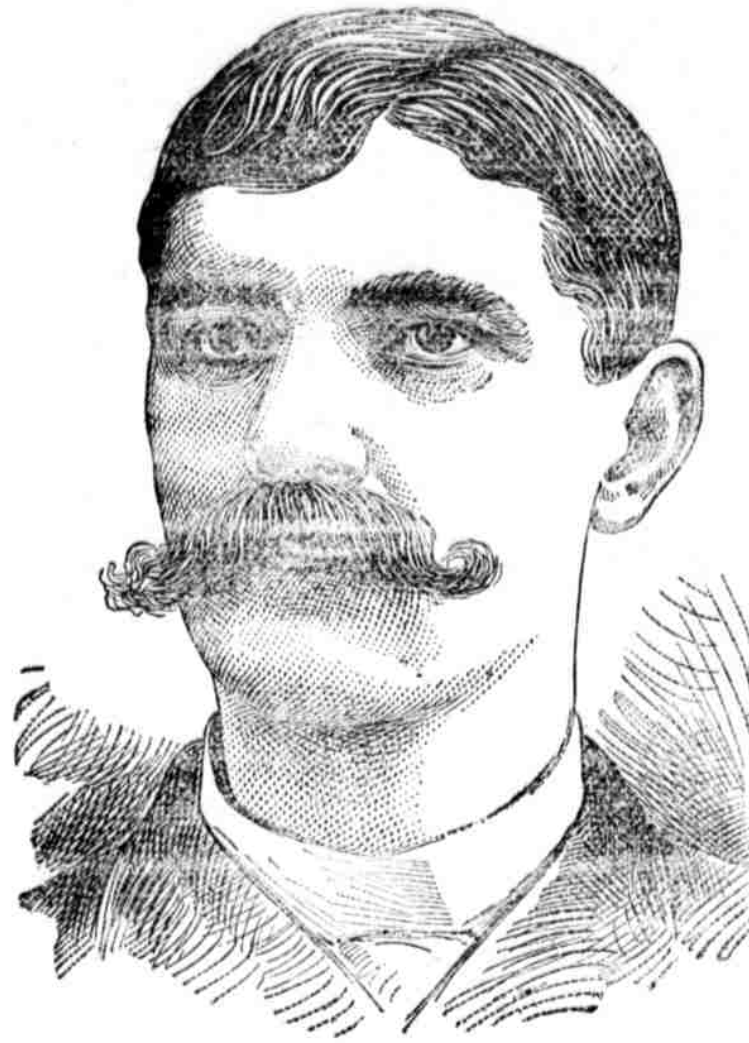
Another large audience of ladies waited upon the wisdom of Mrs. Emily B. Ryder, M. D., at Y. M. C. A. hall yesterday afternoon. Her subject was "best food for the best bodies." At the outset she demonstrated the physiology of the human system by means of charts. This was accompanied by a statement of general principles. Where there is law and order there is no disease. The relations between the spinal column and the brain, in health and disease, were described, also the muscular and nervous systems. Once the seat of the soul, or spiritual headquarters, was held to be exclusively in the brain. Then a school arose that located the soul in the heart. Yet another had it seated in the stomach, which was not a bad idea. A divine power puts life into us, and again takes it from us, but nobody can tell what the life really is.

Food is the building material of the body, but four fifths of what we eat is to supply the heat of the body, and the remainder to build and strengthen it. The kitchen is, therefore, the most important room in the house. It should be called the laboratory. Cooking schools are essential to a complete education, and all girls in Honolulu should have a course of training therein. She did not know whether any such were in existence here. All woman physicians had to pass through the cooking department before the medical in their curriculum.

Dr. Ryder spoke of the prevalence of headache, neuralgia, constipation, etc., saying that they were all referable to improper dieting. Their prevention and cure lay of course in proper diet. Dr. Ryder gave an interesting description of the process of digestion, as witnessed by her in Vienna clinics, from day to day, in the singular case of a woman born with an aperture in her body showing the operations of the stomach.

Many people in Honolulu eat more meat than is good for them in this warm climate. Meat is not essential for giving strength to the body. Millions of people in the world thrive without ever eating meat. It should not be eaten more than once a day in this climate. Beef, mutton and poultry are the best of flesh food. Dr. Ryder has no use for pork. Fish is wholesome and strengthening. No meat should be eaten until 24 to 48 hours after being killed. Children should not eat meat until after they get their second teeth—or when five years of age. Their first teeth are appropriately named the "milk" teeth, and are not adapted to properly chewing meat. Vegetable food is essential to strong bodies. Vegetables should be cooked by steam and dried in a heated oven before being seasoned and served. Whole cereals are more potent food than the white flour bread-stuffs of commerce. There is no nourishment in white bread, as experiments on guinea pigs had proved. Those fed on white bread alone pined to death, while those fed on whole wheat bread thrived. Oatmeal's value as a food was highly recommended, the strength of the Scottish race being in evidence. It ought to be well boiled, however, and Dr. Ryder advised having mush made over night, requiring only heating in the morning for breakfast. Eggs were approved of, but, if liked hard boiled, they should be put in the water while it is cold and boiled for an hour. She also gave directions for making salads and other articles of diet.

Children needing physic had better be dosed with cream than oil. Cheese is good building material for the body. There is no food value in cakes and pies. Fruit desserts are fit for royal tables and should be in the humblest bills of fare. She had said before that a diet one-third fruit tells wonderfully on the liver and bowels. Some people do not drink enough, particularly the girls.



REV. W. L. WILLIAMS.

A Pastor's Story.

Rev. Mr. Williams
Could Not Keep
House Without
Paine's Celery
Compound.

His Wife Strongly Rec-
ommends It to Cure
Sick Headache.

409 MASON AVENUE,
CANON CITY, COL., Jan. 13, 1894.

WELLS, RICHARDSON & Co.,

DEAR SIR:—We use Paine's Celery Compound in our family and could not keep house without it. Mrs. Williams thinks there is nothing equals Paine's Celery Compound to cure nervous headaches and the like. Success to you in every way.

Respectfully,

Pastor of Cumberland Presbyterian Church.

W. L. Williams,

HOLLISTER DRUG Co.,

Wholesale Agents for the Hawaiian Islands

Closing Them Out

We are Closing Out Our Stock of

Furnishing Goods

Our Regular Tailoring Business has grown so large that it requires all our attention.

Bargains in Neckwear!

CALL AND SEE!

H. S. TREGLOAN

Fort and Hotel Streets.

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Park!

FOR SALE.

There are over 1000 lots for sale, 50x100 feet, mauka of Kapiolani Park, adjoining the residence of Messrs. C. Brown, H. J. Nott, Thomas Hollinger and others. These lots will be sold cheaper than any place in Honolulu since the reign of Kamehameha III. Water will be laid on as soon as buyers are ready to build. Prices are ranging from \$100.00 per lot to \$50.00. This is the best opportunity to get a home. For further particulars apply to W. C. ACHI & CO., Real Estate Brokers, Honolulu, Nov. 25, 1896. 473-1m

J. A. FARIA,

206 Hotel Street.

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Cleaning and Repairing.

Suits to order and guaranteed to fit and to please. Give me a call. 461-1m

Investors Attention.

Persons desirous of making an investment can purchase a paying block of property fronting on King and Maunakea streets by calling on JOHN F. COLBURN.

The Evening Bulletin, 75 cents per month.



My Hack does not tip in this manner, no matter how weighty the load.

FRANK LILLIS'

ALL NIGHT

Hack No. 14

TELEPHONE 176.

Stand: Bethel and King streets.

J. J. SULLIVAN, President.

J. BUCKLEY, Sec'y.

Fashion Stables Co., L'd.

Honolulu, H. I.

SULLIVAN & BUCKLEY, Man'g'rs.

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in the City, with Competent and Careful Drivers.

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Corner of Fort and Hotel Streets.

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Livery and Boarding Stables

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LIVERY AND BOARDING STABLES.

Carriages, Surreys and Hacks at all hours.

TELEPHONE 490.

G. R. Harrison,

Practical Piano Maker and Tuner.

Can Furnish the Best

Factory Reference.

Office, Fort street, opposite Catholic School.

Telephone 234, 442 and 190.

Orders promptly attended to.

A LIFE SIZE
Crayon
Portrait

Framed Complete

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One Dozen Photos of the Sitter

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Is the LATEST OFFER we have to make.

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Portrait and Landscape

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FORT STREET.

John Nott,

Importers and Dealers in

Steel and Iron Ranges,

STOVES, AGATEWARE.

DIMOND BLOCK.

121 & 123 King Street.

CAN'T BE BEAT!

WHAT?

My \$10.00 Bath Tubs, lined with best quality, No. 10 zinc, 6 in. Pipe, Chain and Plug, with wood rim all complete. Other dealers are dumfounded, and resort to all manner of Tricks and Excuses.

Be not deceived, these Bath Tubs have been sold for \$14 until I reduced the price. I am prepared to do all work in my line and guarantee satisfaction. Estimates furnished.

If you want a good Job cheap, for Cash, ring up Telephone 844, and I am your man.

JAS. NOTT JR.,

Tinsmith & Plumber